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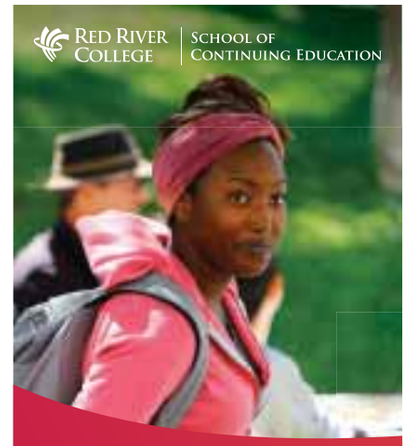
Offline dating

How to chat up a stranger in the real world. Page 14



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ON THE MARKET ... FOR LOVE

Lukus Frank stands outside the Osborne Village Safeway location on River Avenue after he and a friend started an event called "Singles Night at Safeway" as a lark — and then the idea took off. Story, page 2. SHANE GIBSON/METRO

Next phase of BRT has clear road ahead

Infrastructure. Three levels of government agree to funding for bus rapid transit

COLIN FAST
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Construction should begin in 2016 on the next phase of Winnipeg's rapid transit system, now that three levels of government have reached an agreement to fund the project.

On Monday, federal minister Shelly Glover announced Ottawa will contribute up to $137.3 million to build the second stage of the Southwest Transitway, expand the Pembina underpass and renew drainage infrastructure in the Fort Rouge/Fort Garry area.

The province and city had previously committed $225 million each to the project, which will be built as a public-private partnership to try to reduce any risk of cost inflation for government.

"Municipalities like Winnipeg are demonstrating they can build public infrastructure faster and better by taking advantage of the innovation and efficiency we see from private industry," said Glover.

The project includes extending the busway by 7.6 kilometres from Jubilee Avenue to the University of Manitoba and adding 10 transit stations, two park-and-ride facilities, two bridges, an overpass, an underpass and a tunnel.

"As mayor, I've committed to the completion of Stage 2 of the Southwest Transitway, to move forward with a more modern public-transit network that will drive our economy and serve a growing, thriving city," said Brian Bowman.

The city still needs to identify how it's going to pay for its part of the project. Bowman said a source of funding would be identified in this year's city budget.

Quoted

"Municipalities like Winnipeg are demonstrating they can build public infrastructure faster and better by taking advantage of the innovation and efficiency we see from private industry."

Federal minister Shelly Glover

Cleanup on Aisle 3, romance in Aisle 4

Singles Night at Safeway. Silly Facebook idea turns into event for shoppers to pick up groceries — and maybe a significant other

ELISHA DACEY
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Organizer Lukus Frank said the idea for Singles Night at Safeway was a lark that grew into something more serious. SHANE GIBSON/METRO

So, if Valentine's Day doesn't work out, you can always try Safeway.

What started as a silly idea on Facebook took on a life of its own, and now about 300 people have signed up to go to Singles Night at Safeway at the Osborne Village location on March 3.

Organizer Lukus Frank said the idea was conceived by his friend Alonso Morales.

"We went shopping on the first Tuesday of this month, and he thought it would be a great idea ... if there were more single people there," he said.

Both Frank and Morales are single, he said, and have tried other methods of meeting people, like dating apps.

"I think people will show, just because they're curious."

Most of the people signed up appear to be having fun with the idea, leaving comments like, "Are singles on sale? Like are there coupons or a two-for-one deal?" or "I'll come if I can bring all my cats 'cause if you want to date me you date them, too."

Frank said they may get people to identify themselves as single somehow, so they know other singles at a glance. "We might do funny hats for the girls or something," he joked.

Frank said if it's successful, they might do other events at other locations.

No one from Safeway's head office responded by press deadline Monday, but Frank said he hoped they wouldn't have a problem with the idea.

"People are shopping, they're spending money, bringing more people to your store."

Singles Night at Safeway runs 7 p.m. to closing. Organizers ask that participants be respectful and do some actual shopping.

S.T.A.R.T. STARTS SOMETHING SPECIAL

WHAT'S GOOD
Ace Burpee
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There wasn't anyone in this town who didn't have some sort of reaction to the recent racism headlines in Winnipeg.

Some were embarrassed. Others were angry. Some agreed with the claims. Others denied it and got defensive. Some were shocked, while others couldn't have been less surprised.

Whatever your reaction, the conversation is far from over, and students in Winnipeg are doing something about it. On Feb. 26, S.T.A.R.T. — Students Together Against Racism Today — will be holding a rally at the Legislature Building.

The idea originated thanks to a partnership between Oak Park and Sisler high schools, and it's spreading. The youth voice matters — very much so — said Sisler High School organizer Daphne Pili.

"The youth voice is always a great perspective, especially on the subject of racism," she said. "As a teen, we hear lots of racial stereotypical sayings from social media, our friends and even our families. People may say our word isn't important, but we see and hear things, much more than adults may think we do.

"Most of us experience racism daily, even if someone doesn't intend to. Little comments bring people down, so being silent about racism is not right. We are the ones who will be working together to make the world a better place; we are the leaders of tomorrow."

S.T.A.R.T. is a great start. So here is much respect to all involved. You can sit idly by and wait for others to do something, or you can just do something. I love it.

#embRACE.

ACE BURPEE IS A WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

Sexual assault. Sketch of suspect in 2014 case issued

A newly released composite sketch may net more leads in a 2014 sexual assault investigation, Winnipeg police said on Monday.

Const. Jason Michalyshen said the incident took place the evening of June 21 during a party at a hotel in the 200 block of Portage Avenue, when a 17-year-old girl was likely given a drink that was laced with a sedative.

Police believe the victim was sexually assaulted while unresponsive.

Michalyshen said they've exhausted all leads and are now turning to the public for help in identifying the suspect.

"A very traumatic incident, a lot of unknowns," said Michalyshen of the incident, adding the sketch is based on information provided by the victim.

"These matters are incredibly serious, they're incredibly traumatic to our victim and we're continuing to do everything we can to identify the suspect and we're hoping that this composite sketch will tweak someone's memory of that night, who may have been there."

Police have released a composite sketch of a suspect in a June 21, 2014, sexual assault case. HANDOUT

The suspect is described as a Caucasian man in his 30s with a thin build, six feet tall, with one or two days of stubble growth on his face. He was wearing an orange T-shirt and grey pants.

Anyone with information is asked to contact the sex crimes unit at 204-986-6245 or Crime Stoppers at 204-786-TIPS (8477).

BERNICE PONTANILLA/METRO

Crime

Store robbery leads police to cache of weapons

Winnipeg police were led to a small cache of weapons after they tracked down a suspected store thief on Friday.

Police said they were called to a convenience store on Isabel Street after the store was robbed just before 5 p.m. Police said they tracked an armed woman who left in a cab to a house in the 600 block of Maryland Street.

Police said they knocked on the door and found the woman inside. Spotting another gun, police searched and raided the house, and arrested a man as well as the woman.

Inside, police found two loaded sawed-off shotguns, several gun parts, three pellet guns, ammunition and other weapons like batons and knives.

Brittany Amanda Brass, 22, is charged with armed robbery, and both she and Daniel Danilis, 39, are charged with numerous firearms offences. METRO

Fantasy ends for suspect in illegal football pool

Gambling. Provincial authorities tipped off city police; 46-year-old facing charges netted thousands, police say

BERNICE PONTANILLA
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Const. Jason Michalyshen said police acted against a man alleged to have run an illegal fantasy football pool in an effort to protect "the interests of the public." BERNICE PONTANILLA/METRO

Winnipeg police are issuing a "buyer beware" warning to sports fans after a man was arrested for running an illegal NFL fantasy football pool.

Police spokesman Const. Jason Michalyshen said the 46-year-old man charged a 10 per cent "management fee" and made a profit of about $10,000 during this past NFL season.

Bets were placed on a weekly basis via a website or in person at several businesses, with approximately 500 people participating, the police investigation showed.

"This is about protecting the interests of the public," said Michalyshen, adding that it was Manitoba Liquor and Gaming that tipped off police last fall.

"We want members of the public to be aware, we don't want to see anyone defrauded or assume their money is being used for one thing and clearly they're out of it right out of the gate. I'm not suggesting anything, I don't want to allege anything at this point other than the charges in front of us, but it's a good discussion to have."

The man is facing a charge of pool-selling and has been released on a promise to appear in court.

Michalyshen said that while police are not identifying the man or the website, anyone with information on this case, or who thinks he or she is out money, is welcome to contact police.

WITH FILES FROM THE CANADIAN PRESS

Follow Bernice Pontanilla on Twitter @MetroBee

Quoted

"We want members of the public to be aware, we don't want to see anyone defrauded or assume their money is being used for one thing and clearly they're out of it right out of the gate."

Police spokesman Const. Jason Michalyshen

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TRANSIT TUESDAY
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BE SMART WITH YOUR SMARTPHONE IN PUBLIC PLACES.
Thefts of mobile devices are on the rise in North America, particularly smartphones and tablets. Remembering to be aware of your surroundings while in any public place can significantly lessen your chances of becoming a victim. For instance, don't walk and text at the same time, you will be less aware of what is happening around you. Don't leave your mobile device unattended or in view of anyone in close proximity — it just takes a second for someone to steal your phone.

Want to see the Jets in action?
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Don't worry, Winnipeggers, your recreation centres are not under threat of cutbacks, says Mayor Brian Bowman. ELISHA DACEY/METRO

Rumours of wading pool closures are all wet: Mayor

Budget. Reports that up to 20 such pools and other leisure facilities are being targeted are 'completely inaccurate'

COLIN FAST
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Mayor Brian Bowman says parents of screaming hot tots will have nothing to worry about this summer, as the city has no plans to close wading pools.

Media reports last week said up to 20 wading pools and other leisure facilities were being targeted for closure in this year's budget, with several in inner-city neighbourhoods. Councillors Ross Eadie and Jason Schreyer expressed concern about facilities in their wards.

"Those reports are completely inaccurate," said Bowman on Monday. "The budget has not been tabled and (no closures) have been proposed."

The rumoured closings caused a stir on social media late last week, prompting the mayor's office to issue its own tongue-in-cheek response on Saturday afternoon.

"On this snowy winter day remember: only 4 months till June when all wading pools are open!" said the tweet from @Bowman4Wpg. It was appended with the hashtag "#accurateinfo."

Coun. Janice Lukes said she's not sure why some of her colleagues raised fears about closures through the media.

Lukes said hundreds of different services were part of an open discussion during a recent council budget seminar, but wading pools were never a focus.

Parking. City recommends giving drivers 24 hours' notice before street cleaning begins

The city's public service is endorsing a councillor's appeal for greater heads-up for residents to move their vehicles during street cleaning and works.

Coun. John Orlikow authored a motion with former councillor Dan Vandal in October 2013 that called for "the 'No Parking Restriction' notice (to) be posted for a minimum of 24 hours before any street cleaning is to commence."

Orlikow said he brought forward the proposed change following residents' complaints that signs were posted after they'd already parked for the night and their vehicles were towed without their knowledge.

The change in notice is on the agenda for Tuesday's infrastructure renewal and public works committee meeting.

Quoted

"There wasn't enough notification, so that was the idea, to allow more time." Coun. John Orlikow

"It sounds like it's a go, I'll get a little more information (Tuesday), but any time you can provide more notice to the public so they don't get caught in tickets, it's helpful," Orlikow told Metro. "There wasn't enough notification, so that was the idea (behind the motion), to allow more time."

A city report states that the Winnipeg Parking Authority has "initiated a project in consultation with legal services and public works to consolidate all parking related matters under a proposed standalone parking bylaw" and will incorporate the 24 hours' notice.

Coun. John Orlikow METRO FILE

Under the current bylaw, signs could be posted as late as 9 p.m. for work scheduled for the following morning, and 4 p.m. for work scheduled that same evening at 10 p.m.

BERNICE PONTANILLA/METRO

Saturday night's all right for Stars

Music. Montreal pop band looks ahead to Winnipeg show

The members of Montreal synth-pop band Stars are inspired by Saturday nights — much like the Saturday night that they'll be playing in Winnipeg.

"I always find it so moving and beautiful to watch people have their nights out," said singer Torquil Campbell. "There's something so heartbreaking about it: People have jobs that they have to get up for, jobs they hate, and they live for the weekend; they live for these moments. And they put everything they have into it."

Stars' newest release, No One Is Lost, captures some of those fleeting, devil-may-care moments.

Drummer Patty McGee swears Stars is "pulling out all the stops" for the Winnipeg show it will share with St. John's indie-rockers Hey Rosetta!.

"Expect lots of lights, lots of hits, some dancing, some kissing, a few tears, a juggling bear, and a hologram of Sammy Davis Jr. tap-dancing to Frank Sinatra's My Way," he said.

The show happens Feb. 21 at the Burton Cummings Theatre. Tickets are $44.50 at Ticketmaster.

NIGEL MOORE/FOR METRO

Stars will play the Burt with Hey Rosetta! on Feb. 21.

SHERVIN LAINEZ/CONTRIBUTED

Film. Autism-friendly screenings draw praise

A Winnipeg mom is applauding a national movie-theatre chain for launching special screenings for people with autism spectrum disorder and their families.

Lani Zastre, whose eight-year-old son Ajax has autism, said the "exciting" move will help decrease stress for families.

"It is making things that typically can be stressful for both parents and children a more positive experience," Zastre told Metro.

"It would be great to see more about these types of accommodations in other settings. Way to go, Cineplex!"

Cineplex Entertainment announced Monday that its Sensory Friendly Screenings will include 2D projection, increased auditorium lighting, lower volume and smaller crowds.

Theatres will also allow families to bring in outside food and take a break from screenings in a nearby "calm zone."

In Winnipeg, the Canadian movie theatre company's Sensory Friendly Screenings will take place at SilverCity St. Vital Cinemas and the XSCAPE Entertainment Centre, both located at the St. Mary's Road mall.

The movies will be shown on select Saturdays at 10:30 a.m., before theatres open to the general public, and guests of all ages will be able to get in for the current child ticket price.

The program begins Feb. 14 with The SpongeBob Movie: Sponge Out of Water.

Other titles and booking information will be announced on Cineplex.com up to two weeks in advance of each screening. The program was developed in concert with Autism Speaks Canada.

BERNICE PONTANILLA/METRO
WITH FILES FROM THE CANADIAN PRESS

More online

For more news visit metronews.ca.

Politics

Firefighters union supports Ashton

A firefighters union is backing Steve Ashton for the leadership of Manitoba's governing New Democrats.

The United Fire Fighters of Winnipeg says Ashton is in the best position to unite the party following a caucus revolt in October.

Union president Alex Forrest says he respects the other candidates — Premier Greg Selinger and former cabinet minister Theresa Oswald — but says Ashton has a long track record of supporting labour.

The union has 25 delegates for the NDP leadership vote set for March 8.

Forrest says another two dozen firefighters are trying to get elected as constituency delegates in different areas of the province.

The only other union to weigh in so far is the Canadian Union of Public Employees, which is backing Selinger and could get up to 288 delegates.

As many as 2,217 delegates are expected to decide on the governing party's leadership at the March convention.

THE CANADIAN PRESS

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JOEY'S RESTAURANTS

Education. Harper halts movement on reforms, but funds in limbo: AFN chief

The new national chief of the Assembly of First Nations says Prime Minister Stephen Harper personally told him that the Conservative government will not move ahead with its controversial overhaul of aboriginal education.

That raises a big question mark over what happens to the $1.9 billion tied to the original bill, which has been in limbo since last spring when chiefs from across Canada flatly rejected its proposed reforms to First Nations education.

Perry Bellegarde said he asked Harper on Jan. 28 not to "re-profile" the money — in other words, not to use funds set aside for First Nations education in last year's budget for another purpose — but added that he did not leave his meeting with the prime minister with a sense of optimism about the education money. Bellegarde warned of the message it would send to First Nations if the government decides to reassign the education funding.

"It would signal that they're not in touch with communities, not in touch with the needs and basically putting First Nations issues to the side when it comes to education."

THE CANADIAN PRESS

Lawsuit

Aboriginals who were adopted into white families during the so-called '60s Scoop are suing the federal government for their loss of culture and emotional trauma. Almost 1,200 adoptees have filed a class-action lawsuit seeking compensation from Ottawa.

Egypt. Fahmy's family launches online campaign

The family of a Canadian journalist languishing in an Egyptian prison launched an online campaign Monday, urging Prime Minister Stephen Harper to intervene in the case of Mohamed Fahmy.

Fahmy's family called on supporters to use the hashtag "HarperCallEgypt" in their efforts to encourage the prime minister to urgently lobby for the 40-year-old's release this week.

The initiative came a day after Egyptian authorities announced a date for Fahmy's retrial — a move that shocked him and his family, who had previously been told by then-foreign affairs minister John Baird that his release was "imminent."

The new trial is expected to begin on Thursday, and Fahmy's family said they are "extremely worried" that his release could be delayed indefinitely.

"We're just in shock. We don't understand how this happened and why," Fahmy's brother, Adel Fahmy, told The Canadian Press. "Why does my brother have to go through all this torment?"

A spokeswoman for Lynne Yelich, junior minister responsible for consular affairs, said Prime Minister Harper has "personally" raised Fahmy's case with the highest level of the Egyptian leadership. THE CANADIAN PRESS

Court

Allow Khadr to give interviews, lawyers argue

The public has a right to know as much as possible about Omar Khadr before he is released from prison, especially since the federal government has repeatedly branded him an unrepentant terrorist, Federal Court heard Monday. In urging the court to force prison authorities to allow media to interview Khadr, their lawyer said the government had put the issue on the public stage. THE CANADIAN PRESS

Tax season

CRA urging MPs to promote Tory tax measures

An annual tax-season information kit being sent to all members of Parliament is going further than just outlining the nuts and bolts of paying taxes.

MPs also appear to be getting a nudge from the Canada Revenue Agency to remind constituents about the Conservatives' recently announced tax measures targeted at families.

THE CANADIAN PRESS

Former Conservative MP Eve Adams, left, is joined by Liberal Leader Justin Trudeau as she announces on Monday in Ottawa that she is leaving the Conservative Party to join the Liberal Party of Canada. JUSTIN TANG/THE CANADIAN PRESS

Ontario MP calls Tories 'fear-mongers and bullies'

Federal politics. Former Tory MP Eve Adams crossed the floor Monday to join Liberals

Justin Trudeau's Liberals scored a two-fer Monday.

Toronto-area Conservative MP Eve Adams crossed the floor to sit with the Liberals.

And her surprise defection had the full support of her fiancé, former top Conservative operative Dimitri Soudas — long considered one of Stephen Harper's fiercest loyalists and an architect of the Tories' re-election strategy for 2015.

Within hours, Soudas made it clear he's prepared to use his inside knowledge of the Conservatives against them.

"Mike, stand down on throwing stones from glass houses," he tweeted in response to what he considered a jab at Adams from Edmonton Tory MP Mike Lake.

"What did you ask me to do again?"

Conservatives cast Adams' decision as opportunism by a woman spurned by the governing party. Party president John Walsh said Adams previously asked about running in another riding after the party barred her last summer from running in Oakville North-Burlington. But Adams and Trudeau cast her move as a matter of principle.

"This is not about having a tough day at the office; everybody has grumpy bosses from time to time," Adams said.

"This is about the fact that my values simply don't align with this (Conservative) team, and I'd like to continue serving Canadians."

Trudeau noted that she continued to serve as a parliamentary secretary to the health minister right up until she resigned Monday.

Parliamentary secretaries are appointed by the prime minister and are one rung down from cabinet.

"I can no longer support mean-spirited leadership that divides people instead of bringing them together. We need a kind, generous and strong leadership that champions a shared vision for how to make Canada work for everyone. I want to work with someone who inspires, not with fear-mongers and bullies."

However, NDP Leader Tom Mulcair accused Trudeau of "stoking cynicism" about politics by welcoming an MP who, until Monday, had supported "every single decision" taken by Harper for the past nine years. THE CANADIAN PRESS

Background

- Adams was first elected for the Conservatives in 2011 in the Toronto-area riding of Mississauga-Brampton South but had hoped to run again for the Tories in the newly created riding of Oakville North-Burlington.
- A bitter nomination contest ensued, and both she and her opponent were forced to drop out. Among other things, the contest involved allegations that Soudas, at the time the executive director of the Conservative Party, was using his position to help Adams.
- Soudas then lost his party job, saying that he put his loyalty to Adams above his loyalty to the Conservatives.

Cabinet shuffle sees Kenney as defence minister

Jason Kenney is now in charge of the defence portfolio. THE CANADIAN PRESS

Jason Kenney isn't known for holding his fire on the subject of radical Islam — and now he's in charge of whether the Canadian military will or won't continue to do the same.

Kenney took charge of the defence portfolio Monday in a cabinet shuffle that puts an edge on the team Prime Minister Stephen Harper will lead into the October election campaign.

Former defence minister Rob Nicholson took over foreign affairs after the resignation of John Baird last week.

Kenney's former job as minister of employment and social development will be handled by Minister of State for Democratic Reform Pierre Poilievre.

The trio represents three of the most battle-tested MPs in the Conservative caucus who've shown a willingness to take a hard line on controversial policies.

But New Democratic Party Leader Tom Mulcair questioned whether Nicholson was the right choice for the time.

"At a time like this in the world that we live in today, it is a bit surprising you have someone who can't reach out more than he can," Mulcair said, noting Nicholson's inability to speak French. THE CANADIAN PRESS

Obama, Merkel reaffirm unity in securing Ukraine peace plan

Foreign affairs. While Obama mulls defensively arming Ukrainian forces, Merkel stands strong in non-military approach

German Chancellor Angela Merkel listens as U.S. President Barack Obama speaks during their joint news conference in the East Room of the White House in Washington on Monday. EVAN VUCCI/THE ASSOCIATED PRESS

U.S. President Barack Obama and German Chancellor Angela Merkel declared Monday that Russian aggression in Ukraine has only reinforced the unity of the U.S. and Europe, as they weighed the prospects of reviving an elusive peace plan to end the conflict.

Still, Obama held open the prospect that if a new round of diplomacy this week fails, the U.S. could send Ukraine's beleaguered military defensive weaponry. Merkel and other European leaders staunchly oppose arming Ukraine, in part out of fear of sparking a proxy war with Russia.

The U.S. and Europe have largely been in agreement on their response to the conflict between Russia and Ukraine, raising the prospect that a public split over lethal aid is a tactic to push Russian President Vladimir Putin to agree to a peace plan.

During a joint White House news conference with Obama, Merkel reaffirmed that she sees no military solution to the fighting in eastern Ukraine. However, she added that no matter what Obama decides, "the alliance between the United States and Europe will continue to stand."

Merkel and French President Francois Hollande met with Putin and Ukrainian leaders last week and announced a new summit meeting for Wednesday in Minsk, Belarus.

Merkel, who has perhaps the most productive relationship with Putin of any Western leader, said reaching a diplomatic agreement was crucial to keeping the peace in Europe.

"I myself actually would not be able to live without having made this attempt," she said through a translator.

More than 5,300 people have been killed since fighting in eastern Ukraine began in April, according to a UN tally.

Obama gave no indication of how quickly he would make a decision on increasing military assistance to Ukraine, nor did he indicate whether there was a specific development that might trigger that step. THE ASSOCIATED PRESS

Harper-Merkel meeting

Merkel stops in Ottawa

German Chancellor Angela Merkel said Monday night she is leaving North America having won support from the United States and Canada for her effort to find a peaceful diplomatic solution to the crisis in Ukraine.

In Ottawa, on a quick stopover after her earlier meeting on Monday in Washington with U.S. President Barack Obama, Merkel firmly played down suggestions of a rift with the U.S. over its plan to potentially arm Ukraine forces with defensive weaponry.

"I hope that we shall be able to solve this conflict by diplomatic means because I think by military means it cannot be solved," Merkel said through a translator.

"I'm very grateful that both the American president and the Canadian prime minister support us."

Harper lauded Merkel with praise, calling her "a woman of great vision," but the prime minister did not appear to take the option of joining the U.S. initiative off the table.

THE CANADIAN PRESS

'American Sniper.' Jury selection begins for trial

Jury selection began Monday in the trial of the man accused of fatally shooting a former Navy SEAL depicted in the film American Sniper.

More than a dozen people were dismissed Monday morning in Stephenville, Texas, where former Marine Eddie Ray Routh is charged with capital murder in the deaths of Chris Kyle, 38, and Kyle's friend, 35-year-old Chad Littlefield.

A challenge facing authorities is ensuring a fair trial just as the movie based on Kyle's memoir continues to make millions at the box office.

The county's top prosecutor told prospective jurors Monday that he knew many of them will have seen the movie, which depicts Kyle's stories of serving four tours in Iraq.

"It's hard not to have knowledge of this case," Erath County District Attorney Alan Nash said. "It's pervasive."

Seeing the movie or reading Kyle's book won't be disqualifying on its own, according to both Nash and State District Judge Jason Cashon, who will oversee the trial.

Nash asked potential jurors if they were unable to set aside what they'd already heard about the case. No one among about 130 potential jurors in court raised their hand. Altogether more than 800 potential jurors were summoned.

Routh's attorneys plan to pursue an insanity defence stemming from post-traumatic stress disorder (PTSD). Prosecutors have said they won't seek the death penalty for Routh, who faces life in prison without parole. THE ASSOCIATED PRESS

Egypt

Survivors recall fatal soccer riot

Survivors described it as a corridor of death: a narrow route of high, chain-link security fences and barbed wire that thousands of soccer fans were filing through before entering the stadium to watch their team play.

Mayhem broke out when those at the line's front were turned back by police, as those at the back continued pushing forward, prompting police to fire tear gas into the middle of the crowd.

The ensuing stampede of people on Sunday killed 22 at the Air Defence stadium.

THE ASSOCIATED PRESS

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Micro condos to face first test, experts say

Investment units. Sales of 3,000 shoebox apartments in Toronto nearing completion could spur developers to build more to satisfy demand from investors

Rendering of a micro loft in Vancouver. Reliance Properties restored the former single occupancy hotel into rental units with an average size of 265 square feet. COURTESY RELIANCE PROPERTIES/THE CANADIAN PRESS

The appeal of so-called shoebox condos — no larger than the size of two average living rooms — will face its first real test in Canada this year, with an influx of the compact homes set to hit the country's largest real-estate market.

Investors are betting on big returns from young renters who can't afford to buy in the red-hot real-estate market and don't mind living in a unit about 500 square feet, where their dining table might have to fold down into a bed.

Although developers are pitching micro condos as an affordable entry point into the market, brokers say it's mostly investors — catering to a demographic of young professionals increasingly flocking to the downtown core — that's driving demand.

Micro suites tend to fetch higher rents per square foot than larger units, as many renters are willing to live in a slightly smaller space in order to save a bit on costs and live closer to the city core.

Shaun Hildebrand, vice-president of condo research firm Urbanation, says condos under 500 square feet can bring in well over $3 per square foot, while the rest of the market averages around $2.50 or $2.60.

There are nearly 3,000 micro condo units under construction in Toronto that are slated to be completed this year, Hildebrand says. If investors snatch them up, that could spur developers to build more of the micro units to satisfy demand from investors.

The challenge comes in securing a mortgage for the micro units. Brokers say Canada's five biggest banks are hesitant to provide financing for units below a certain minimum square footage, concerned that investors will sell off the properties if the housing market starts to slide.

THE CANADIAN PRESS

Toys for boys plays well for Hasbro

The appetite for superheroes and robots in disguise, such as Transformers, led to a healthy fourth quarter at Hasbro, even as a shift toward electronics has challenged the traditional toy industry. Hasbro said Monday that sales of toys geared toward boys increased 21 per cent while sales of toys for girls fell 10 per cent. THE ASSOCIATED PRESS FILE

Online entertainment

Netflix launches service in Cuba

Netflix is launching its movie and TV show streaming service in Cuba as credit and debit cards become more widely available. Only 27 per cent of Cuba's population has access to the Internet, but Netflix is banking on more people getting Internet access as the U.S. eases sanctions against Cuba. THE ASSOCIATED PRESS

Market Minute

DOLLAR 80.22¢ (+0.37¢)

TSX 15,100.70 (+16.78)

OIL $52.86 US (+$1.17)

GOLD $1,241.50 US (+$6.90)

Natural gas: $2.597 (+1.8¢)
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HSBC's Swiss branch helped rich dodge taxes: Documents

HSBC's Swiss private bank hid millions of dollars for drug traffickers, arms dealers and celebrities around the world as it colluded to help them dodge taxes, according to a report based on leaked documents that lifts the veil on the country's banking secrecy.

The report, published Monday, suggests the bank, which is based in London but has operations globally, not only turned a blind eye to the illegal activities of its clients but actively helped them avoid taxes.

A former HSBC employee-turned-whistleblower, Herve Falciani, gave the data to French tax authorities in 2008. France shared it with other governments and launched investigations. The French newspaper Le Monde obtained a version of the data and shared the material with the International Consortium of Investigative Journalists, which analyzed the material together with The Guardian and the BBC in Britain.

Clients

The International Consortium of Investigative Journalists said clients included former and current politicians from Britain, Russia, Ukraine, Kenya, India, Mexico, Lebanon, the Democratic Republic of the Congo, Zimbabwe and Algeria.

The leaked documents, which mainly cover the years 2005 to 2007, relate to accounts worth $100 billion US held by more than 100,000 people and legal entities from 200 countries.

HSBC stressed that the documents were from eight years ago and said it has since implemented initiatives designed to prevent its banking services from being used to evade taxes or launder money. THE ASSOCIATED PRESS

Low ruble drives down Russian car sales

The Russian car market, which was on the way to becoming Europe's largest just a few years ago, plunged 24 per cent in January, reflecting the deep malaise of the Russian economy.

The Russian economy has entered recession for the first time since 2009 and inflation is now at a 16-year high.

The Association of European Businesses said in a statement Monday that the year-on-year drop in sales in Russia followed strong demand at the end of 2014, when customers were in a hurry to buy foreign cars before the prices rose.

The Russian currency, the ruble, lost more than half of its value in the past year, much of it in the fall. Russians have flocked to buy expensive durable goods and cars before retailers hiked the prices to match the current exchange rate.

Among the biggest declines in sales is Opel, which went down 75 per cent, and Citroen, whose sales declined by 72 per cent. Car sales were sluggish last year as the Russian economy was entering recession but they picked up 2.4 per cent in December.

THE ASSOCIATED PRESS

VOICES

TRANSIT APPS MIND THE SCHEDULING GAP

Curiously, the one tool Winnipeg Transit hasn't launched is a mobile app — luckily, both local and international software developers have stepped up

YOUR RIDE
Colin Fast

While transit use in Winnipeg has grown significantly in previous years, it seems many of us are still struggling with that most basic question of strap hangers everywhere: Where's the bus?

According to data from the city, transit scheduling information was the No. 1 reason people called 311 last year, dwarfing the number of calls about frozen pipes, potholes or missed recycling pickups.

This despite the fact Winnipeg Transit offers several ways for passengers to help themselves to that information, ranging from paper schedules to signs at bus stops, real-time electronic displays, QR codes and a variety of online tools. Of course, having scheduling tools is one thing, having ones that people want to use is another.

While the Navigo online scheduling tool or the BUSGuide mobile website will give you real-time bus info, the interfaces are clunky and dated. Meanwhile, the TeleBUS (automated phone service) and BUStxt (text for transit info) services seem like something you'd access on a flip phone in 2005.

Curiously, the one tool Winnipeg Transit hasn't launched is a mobile app. After all, what better time to provide transit info to people than when they're already on the go? Fortunately, a number of private software developers have stepped up to mind that gap.

Locally designed apps like Winnipeg Bus Live and iRide Winnipeg are good basic products that can help you figure out your transit options. ELISHA DACEY/METRO

Locally designed apps like Winnipeg Bus Live (exclusively for Android) and iRide Winnipeg (for iPhone) are good basic products that can help you figure out your transit options either by using your phone's location or by having you enter in a route number.

Then there are worldwide apps like Moovit, TransitTimes or Transit App that put bus, train or ferry schedules for hundreds of cities in your pocket.

The Transit App seems particularly popular among local bus riders and it's easy to see why. Open it up and you immediately see a map of your current location and a list of the next buses arriving nearby. You can set a favourite route to always appear on top, plan a future trip, and even follow a tiny icon of your bus moving along its route in real-time. In other cities, the location of the nearest car-share vehicle or Uber driver is also mapped. It's easy, it's cool and it's fun.

While there's no longer any need for Winnipeg Transit to build its own app, it could help to promote the available products by listing them online, providing free advertising in buses or even partnering with one as the "official app" of Winnipeg Transit. That would help drive business for app developers, reduce call volumes at 311 and maybe even attract a few more riders.

By making real-time scheduling information available to developers, Winnipeg Transit empowered developers to build better products than what it can offer itself. And beyond helping riders find the next bus more easily, these apps map the route to Winnipeg's open-data future.

DO YOU HAVE A TRANSIT IDEA?
Shoot us an email:
winnipeg@metronews.ca

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.

Doctor-assisted suicide

With the Supreme Court striking down Canada's ban on doctor-assisted suicide, the country has one year to write a new law. Two affected parties share their take:

THOSE SUFFERING GIVEN A CHOICE

WANDA MORRIS
readers@metronews.ca

Every year, thousands of Canadians die under horrific circumstances, suffering prolonged pain and anguish until the very end.

Improved palliative care would help many. But for others, the relief they seek is only possible with physician-assisted dying (defined as prescribing or administering medication with the intention of ending a patient's life).

We hear too many stories about those who end their lives violently or prematurely because they can't count on assistance when they need it or who live through to the end and experience great pain as a result.

Friday's decision makes us hopeful that tragedies like these will soon become a thing of the past.

One of our supporters had terminal cancer and spoke about how she envied her cat, Sparky. She knew that if Sparky was experiencing great suffering, a vet would help Sparky die in her arms. All she wanted was to have the same choice for herself.

Friday's judgment came too late for her. But others will soon have that choice.

The court has given policy-makers a year to put new rules in place. Soon, there will be an alternative for individuals facing chronic, intolerable suffering at end of life.

At DWD Canada, we've always believed the evidence from other countries that shows we can provide choice to the dying and protect our weakest and most vulnerable citizens. The Supreme Court has given Canadians choice; now, we must stand guard to make sure necessary safeguards are put in place.

Life is precious, and very few of us would want to shorten our lives by even a single day.

But now, Canadians have the peace of mind that comes from knowing that if the worst comes to the worst, they'll have a last possible alternative.

Wanda Morris is the CEO of Dying With Dignity Canada.

DECISION AS IT STANDS IS DANGEROUS

DEAN RICHERT
readers@metronews.ca

On Friday, the Supreme Court of Canada struck down the law prohibiting physician-assisted suicide.

The decision as it stands creates the potential for the most permissive and least restrictive criteria for assisted suicide in the world, putting persons with disabilities at serious risk.

It is extremely troubling for people with disabilities and their communities to see the court's inclusion of "disability" as a possible "grievous and irremediable medical condition."

The court left it open as to which types of disability are included and which are excluded. Who is to decide what disability is a grievous and irremediable medical condition?

Note that the Court did not say that asking a doctor to help you die is restricted to someone diagnosed with a terminal illness who will die within six months, as is required in the states of Washington and Oregon. Instead, it allows assisted suicide on the basis of physical or psychological suffering. This places people with serious mental-health issues at risk, as well as people who have not yet come to grips with their disability.

Further, the ruling does not adequately address the issue of coercion.

Will a person's wish to die be manipulated in any way? What is the process for discovering such coercion? Seeking consent to help someone commit suicide is complex and fraught with uncertainty.

The Council of Canadians with Disabilities is calling on Parliament to place crucial safeguards on the Court's judgment to limit access to assisted suicide. People with disabilities and their organizations must be included in this process precisely because the impact of this ruling can lead perilously close to a "better to be dead than a burden" mentality.

Dean Richert is chair of the Ending of Life Ethics Committee for the Council of Canadians with Disabilities.

metro

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Amber Heard and Johnny Depp ALL PHOTOS: GETTY IMAGES

One wedding isn't enough for Johnny Depp and Amber Heard

Johnny Depp and Amber Heard are, like, extra married now.

After blindsiding gossipmongers last week with a surprise knot-tying in L.A., the happy couple headed down to the Bahamas as planned for a lavish, intimate ceremony on Depp's own island, Little Hall's Pond Cay.

Photos of the island over the weekend showed a lovely canopy set up on one of the island's several beaches, along with 24 chairs.

"Amber did her own hair and makeup, and Johnny was as laid-back as usual. But there has been a genuine glow about them since Wednesday, when they officially became man and wife," a source tells the Sunday Express.

"They wanted to do it all again on the beach and … (celebrate) with friends, because they love the island and want it to be a continuing part of their lives together."

It's unclear which beach the ceremony took place at, but one of them is named after Depp's ex-partner, Vanessa Paradis.

Going to go out on a limb and guess it wasn't that one.

Justin Bieber

Kevin likely to have a Hart when it comes to roasting Bieber

Apparently for the upcoming — and sure to be not at all awful — roast of Justin Bieber, Comedy Central felt it needed someone who could relate to the boy of the hour on his own level.

Enter equally diminutive comic titan Kevin Hart, who is stepping in as roast master for the event.

"I don't normally do roasts, but I had to step out for my guy Biebs," Hart says in a released statement.

"It's his big 21. It's about to be Operation Roast Everyone's Ass."

And while we appreciate Hart's enthusiasm, this feels like a incredibly safe choice, as the Wedding Ringer star is not known for any particularly negative slant in his comedy.

Maybe the chances were too great that usual Friar's Club go-to host Jeff Ross would've reduced Bieber to tears before the first commercial break.

Soup for you, Jennifer Lawrence

Jennifer Lawrence is now getting unsolicited help in her campaign to be the most down-to-earth star on the planet. While celebrity chef Wolfgang Puck was giving a preview of his annual post-Oscars Governors Ball menu, he couldn't help offering up a side of charming J.Law anecdote. "She didn't know who I was," Puck remembers of the 2013 gala, after Lawrence won her Best Actress trophy. "Her publicist said, 'That's Wolfgang Puck.' She says, 'Oh my God, I eat his canned soup all the time!' I thought that was very funny." And charming!

Jennifer Lawrence

Everything isn't awesome for the Lego Movie directors, who were passed over for an Oscar nomination. CONTRIBUTED

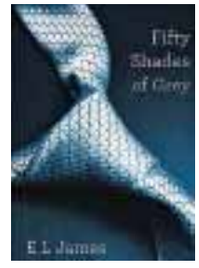
Lego Movie directors are still mad at Academy

Crowd-pleaser The Lego Movie took home a BAFTA this weekend for Best Animated Film, but that apparently doesn't quite wash away the slight of being passed over for an Oscar nomination. While accepting their award in London, co-directors Phil Lord and Chris Miller didn't let the opportunity pass to make a dig at the Hollywood elite who left them out of the big show. "You are our favourite Academy by far," Lord said from the BAFTA stage. "You guys win the award for best Academy. This is the end of the awards road for us, so we can say whatever we want. There's no one left to impress."

Fifty Shades is 'too soft' for 84-year-old dominatrix

France's premier dominatrix is less than impressed with the phenomenon of Fifty Shades of Grey, to put it mildly — not that she's in the business of ever really putting things mildly.

"It's a poorly written fairy tale and much too soft. Real bondage is massively more fulfilling," 84-year-old Catherine Robbe-Grillet tells the Mail Online.



"It's romantic literature — effectively the story of a powerful man, a Prince Charming, and his adventurous relationships. There are spicy bits, and the scenes certainly inspired an interest in bondage, discipline and dominance, but I don't believe it did much to increase the number of people taking part." Certainly E.L. James wasn't expecting the pros to go easy on her work, was she?

Nathan Sykes says his relationship with Ariana Grande was his "first grown-up relationship." GETTY IMAGES

Nathan Sykes uses Grande heartbreak to make music

Interview. Former member of The Wanted opens up about his breakup with singer Ariana Grande

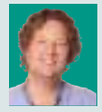
Ariana Grande may be happily in love with Big Sean, but before things heated up with her Right There collaborator, she dated The Wanted (remember them?) band member Nathan Sykes. Now that The Wanted are broken up, Sykes has been in the studio recording some solo songs, and one in particular is about his famous ex.

"The most emotional song is about me telling myself not to be angry about the breakup because sometimes things just don't work out," he tells The Sun. And he didn't hold back revealing more details about their breakup to the paper: "The time we broke up was really tough. The Wanted decided to take a break and I lost my granddad. I was not in the best place. She was my first grown-up relationship. But sometimes you have to go into a place like that to be able to find the best music out of it."

EMILY LAURENCE/METRO IN NEW YORK

Music business

Where to flow those streams of gold?



SOUND CHECK
Alan Cross
scene@metronews.ca

Artists should be looking to their record labels before complaining about streaming money. ISTOCK

It's not quite the garbage anti-vaccine whackos are spreading, but much of what's being reported on the payouts made by streaming music services — Spotify, Rdio, Deezer, YouTube and so on — is pretty ridiculous.

You've probably heard stories about artists who receive royalty cheque pittances despite having their songs streamed hundreds of thousands if not millions of times. It seems obscenely unfair. But wait.

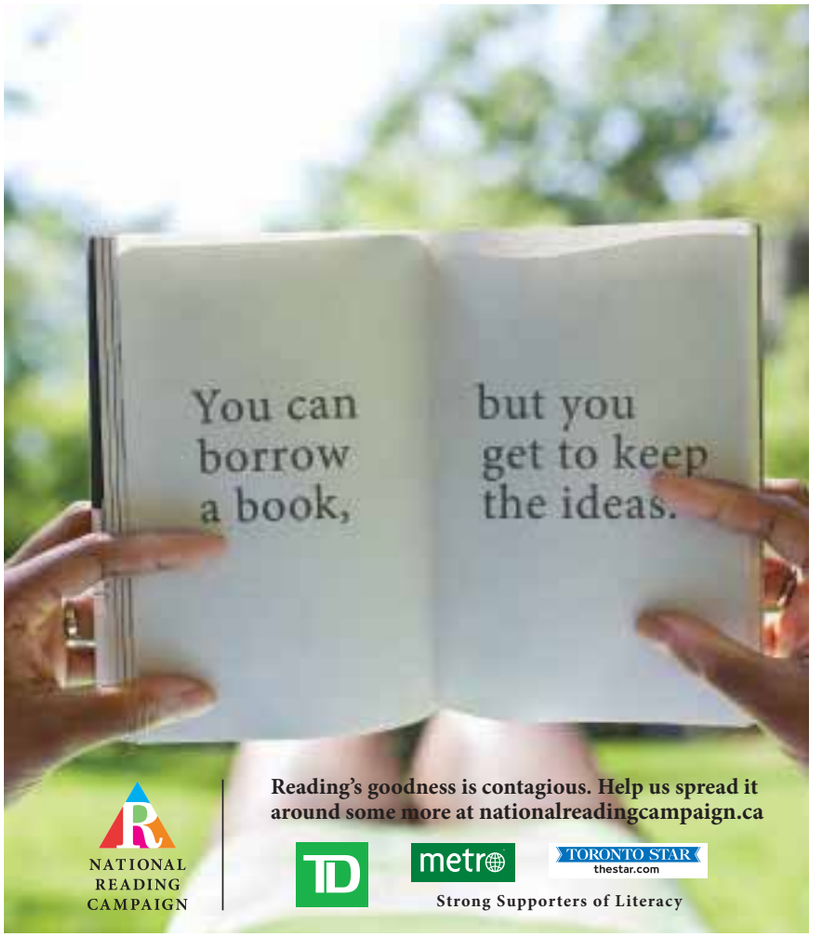
First, music streams cannot be equated with music sales. Streams are occasions of individual listens. Artists are paid according to the exact number of people who listen to a given song whenever an individual selects it to be played. That payment is fraction of a cent — but it's still something for each and every play a song gets. Compare this to listening to a song on the radio. Radio stations pay a series of fees for the privilege of playing music as part of their business. Those fees are based on a percentage of the pre-tax gross ad revenue of the station. The more the station makes, the more it pays out to artists and composers. Hundreds of thousands of people may hear a song when it's played on the air one time. And guess what each play is worth? A fraction of a cent.

So if you're going to compare streaming payments to anything, it should be to what artists get for radio airplay, *not* revenues from sales.

Next, consider how streaming fees are set. Record labels, music publishers and music collectives — the people expected to have the artists' interests front-and-centre — negotiate with streaming services over rates. From there, it goes to the Copyright Board for a definitive ruling. Streaming services aren't just being arbitrarily stingy; they're told what to pay.

Finally, let's look at how these payments are divided up. A recent audit of Deezer in France looked at where the company's payments go. Post-tax, out of each 10-euro monthly subscription rate, 11 per cent goes to the artists, 16 per cent to the writers/publishers and 73 per cent to the major labels. Huh.

It's not clear if similar splits exist in other territories because the payout process is opaque. But if it is, then artists' beefs over streaming payouts are not with Spotify, Rdio, et al. It's with the labels and people who are supposed to be looking out for them.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Instead of your sweating off those extra pounds with hundreds of crunches, neurons could do some of the work to create energy-burning 'good' fat. ISTOCK

Burn starts in brain

Weight loss. Brains rather than brawn could hold the key to staying thin, research shows

The brain could be a powerful fat-burning tool, say scientists at Monash University in Melbourne who discovered that two naturally occurring hormones interact to convert energy-storing white fat into energy-burning, "good" brown fat.

"Turning white fat into brown fat is a very exciting new approach to developing weight-loss agents," says lead author Professor Tony Tiganis from the Department of Biochemistry and Molecular Biology. "Eventually, we think we may be able to help people lose weight by targeting these two enzymes."

One of the enzymes, leptin, is an appetite suppressant that's generated in fat cells and the other is insulin, which comes from the pancreas when levels of glucose in the blood start to rise.

Professor Tiganis' research shows that the two hormones act together and persuade a group of neurons — called proopiomelanocortin (POMC) neurons — in the brain to convert the fat from white to brown, thereby igniting the fat-burning process.

"These hormones give the brain a comprehensive picture of the fatness of the body," says Professor Tiganis. "Because leptin is produced by fat cells, it measures the level of existing fat reserves — the more fat, the more leptin. Whereas insulin provides a measure of future fat reserves because glucose levels rise when we eat."

If all this has you wondering why you can't just think your way skinny, chances are enzymes called phosphatases that inhibit the actions of leptin and insulin could be working against you.

Professor Tiganis' team found that when phosphatases were reduced, more brown fat was created and more fat was burned.

Don't give up your diet or relinquish your gym membership just yet: Professor Tiganis says any potential therapy based on his team's research is still a long way off.

Brown fat cells, also called adipocytes, occur most densely around the neck and shoulders, according to the researchers, whose study was published in the journal Cell.

That white adipocytes can be converted to brown has been suggested by several studies revealing a variety of methods to do so.

For example, a study at Maastricht University Medical Centre in the Netherlands says it's possible to create brown fat by keeping your surroundings cool, while another published in the journal Cell Press indicates that Mirabegron, a drug normally used to treat an overactive bladder, could also do the job. AFP

Tips

Save on gym memberships

Max out trials
Finding the right gym fit is key. A great way to check out classes, instructors or an overall environment is to take advantage of freebies. Money-saving expert Andrea Woroch in Bakersfield, Calif., said many gyms offer up to a full week free. Salespeople may try to entice during trial periods with limited-time discounts, but don't bite if it doesn't feel right. Move on to another gym until you find the right one. "You want to test out the equipment, go at the time that you typically think will fit into your schedule, whether it's after work, (or) at lunch. See what the crowds are like," she said.

Try haggling
Think of signing up for a gym membership the same way you would buy a car, Woroch said. Salespeople have quotas and that puts you in the driver's seat. Perhaps you can score a lower monthly rate or have the initiation fee waived. Ask for the first month free, more guest passes, extra personal training sessions or complementary child care. "There's always wiggle room," she said.

Coupons, warehouse clubs and daily deals
Look around. Sites like Groupon and LivingSocial often offer deep discounts of up to 70 per cent on local gym memberships and personal training. THE ASSOCIATED PRESS

The science behind orgasms

MATTHEW LEE
Metro in New York City

Orgasms may help relieve pain
You might want to reconsider the whole "Not tonight, dear. I have a headache" excuse next time your partner is locked, loaded and ready to go and trying to get you in the mood. As it turns out, orgasms can help get rid of all sorts of pain — including headaches. A study at the University of Munster in Germany found that 60 per cent of patients in the study who had sex while suffering from a headache felt relief from their migraine. Think of it as a natural pain killer.

Orgasms may help you relieve stress and relax
A ton of chemicals are released in the body when one has an orgasm including oxytocin (the famous love hormone) and vasopressin, both of which relax the body and may even make you sleepy. In addition, orgasms have been shown to reduce blood pressure in women.

Orgasms may help your fertility
There is a theory that because orgasms trigger cervical and uterine contractions, more sperm is likely to be retained in the uterus. This theory though has come under fire for a lack significant clinical research around it.

Orgasms can help reduce men's chances of developing prostate cancer
Studies have shown that men who achieve orgasm often are less prone to developing the most common cancer to affect Canadian men.

According to MensJournal.com, "prostate cancer rates have been proven to directly correlate to the frequency of ejaculation." Scientists say ejaculating at least four times a week can reduce one's risk by up to 30 per cent."

Orgasms don't just feel great. They also relieve stress. ISTOCK

Theresa's tips

Preparing a delicious new savoury starch

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Move over potatoes, bananas are the new side dish. On a recent trip to the Dominican Republic, I tried a Caribbean specialty of boiled banana and onions. Turns out that green bananas are used as a savoury starch and they are quite delicious. Green bananas:

• Contain more resistant starch than yellow, which means that they are slower to digest and won't cause a blood sugar spike.

• Are lower in simple sugar than yellow bananas.

• Are a resistant starch that makes you feel fuller over the day.

• Feed the probiotics (good bacteria) in your gut.

• Contain all of the nutrients of yellow banana especially potassium, magnesium, B6 and vitamin C.

Some markets sell green bananas specifically for boiling as a vegetable, but you can use regular bananas if you buy them before they ripen and cook them. The process couldn't be simpler:

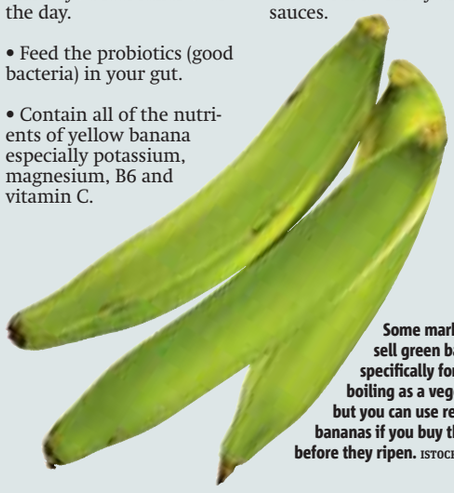
• Green bananas can be hard to peel, but you don't want to simmer them with the peel on just in case there are pesticides or herbicides.

• Lop off the top and bottom and score the skin, then peel in pieces rather than whole.

• Bring a pot of water to boil with sliced onions, salt, and just enough water to cover the bananas.

• Immerse bananas, cover and simmer for 20-30 minutes just until you can poke them with a fork easily.

Crank up the heat in the house, turn on some steel drum music and set the table with a variety of hot sauces.



Some markets sell green bananas specifically for boiling as a vegetable, but you can use regular bananas if you buy them before they ripen. ISTOCK

Longing for a bit of sunshine? Boil up a Caribbean specialty

Dinner. Whitefish, onions, carrots and a surprising ingredient make for a fast meal

FLASH FOOD

From your fridge to your table in 30 minutes or less

This cheap, fast meal has all the flavour of the Caribbean but none of the cost of the flight.

Boiled green bananas are a local specialty that replace potatoes as a side dish.

Directions

1. Bring a large pot of water to the boil with salt. Cut onions into rings and add to the water, cover and simmer while you peel the bananas and carrots. (To peel green bananas, cut off both ends, score the length of the skin and remove in pieces.) Slice carrots into thick rounds and bananas into 3-4 pieces. Add to boiling water and cover for 20 minutes to simmer.

2. Meanwhile, heat skillet and add butter and garlic. Salt and pepper the fish and add to the pan when it is sizzling. Flip once and cook through for 6-10 minutes.

3. Drain water and serve bananas, carrots and onions with fish over top.

Ingredients

- 1 teaspoon salt
- 2 whole onions
- 4 small green bananas
- 4 carrots
- 1 tbsp butter
- 2 cloves garlic
- Salt and pepper, to taste
- 4 small whitefish fillets

This recipe for Boiled Green Banana Dinner serves four. THERESA ALBERT

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

Red beans and rice are a healthy, budget-friendly choice

This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

Directions

1. In a large, heavy saucepan over medium, heat the oil. Add the onion, celery, red pepper and ham and sauté until vegetables are tender and meat starts to turn golden, about 7 minutes. Add garlic, chili powder, cumin and thyme, then cook for 2 minutes.

2. Increase heat to medium-high, then add the wine and stir to deglaze the pan. Stir until the wine bubbles and mostly evaporates, about 1 minute. Add the chicken broth and kidney beans, bring to a simmer, then lower the heat, cover and simmer for 30 minutes.

3. Meanwhile, in a large saucepan over medium-high, bring the water to a simmer. Add the rice and a pinch of salt, then cover and reduce heat to maintain a simmer. Cook for 15 minutes, or until the water is absorbed and the rice is fluffy.

4. Once the beans are done, stir in 2 teaspoons of vinegar. Taste and season with salt, pepper and more vinegar, if needed. Spoon the rice into serving bowls, then top with the beans and fresh cilantro or parsley.

THE ASSOCIATED PRESS/FOOD NETWORK STAR MELISSA D'ARABIAN, WHO IS AUTHOR OF THE COOKBOOK, SUPERMARKET HEALTHY

Ingredients

- 2 tablespoons olive oil
- 1 yellow onion, finely chopped
- 1 large celery stalk, chopped
- 1 small red pepper, cored and chopped
- 6 ounces cooked ham, cubed (about 1 cup)
- 3 cloves garlic, minced or pressed
- 1/2 teaspoon chipotle chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried thyme
- 1/4 cup dry white wine
- 3 cups low-sodium chicken broth
- Two 15-ounce cans red kidney beans, drained and rinsed
- 3 cups water
- 2 cups long-grain white rice
- Kosher salt
- 2 to 3 teaspoons cider vinegar or white vinegar
- Ground black pepper
- Fresh cilantro or parsley, chopped, to garnish

Making a romantic connection without the use of a keyboard

Dating. Four experts weigh in on how to engage authentically in a modern world

STEPHANIE ORFORD
for Metro

A comment about the weather is a good way to start up a conversation, says etiquette expert Charles MacPherson. But if you get a one-word answer, it's best to move on. ISTOCK

Thanks to the Internet, there's no shortage of ways to connect with someone: dating apps, websites and matchmaking services are ubiquitous and anyone who can swipe right can get a date for Saturday night.

But you can still find yourself next to an attractive stranger on a bus, or in the supermarket, wishing you knew what to say to get their attention — and affection.

Technology has been trying to bridge the gap. The new app Somebody, by writer-filmmaker Miranda July, lets users enlist a stranger to deliver their message; and ShoutzApp, based in Toronto and designed for transit users, allows people in the same vicinity to have anonymous conversations.

But when apps are being created to get us talking to the people right in front of us, it's easy to think we've forgotten how to meet in the real world.

Instead of rushing home to post a Craigslist missed connection, we've asked four experts to give us their best advice.

Personal stylist: Wear your confidence

Patricia Trépanier

Like it or not, your image is key to attracting the right person, says Patricia Trépanier, a personal fashion stylist based in Montreal.

"When you feel confident in your clothes, people start noticing you more," says Trépanier. "It shows in your posture."

She suggests wearing clothes that fit well and suit your physique, polishing your shoes (no square-toed shoes!) and staying away from logos, quotes or brand names. For men, err on the side of classy, and wear a blazer you can take off if you end up in a more casual setting.

And remember, your appearance is an indicator of your interests, values and habits.

"If you neglect your personal image, it shows that you may also neglect other aspects of your life," says Trépanier.

Speed-dating host: Be honest

When you're approaching someone for the first time in real life, "I would recommend losing the pickup lines," says Nadia Marchant, representative of Vancouver-based speed-dating service FastLife Media.

Nadia Marchant

She says trying new activities — like speed dating — might feel ridiculous and awkward, but the such real-life experiences can be electric. Meeting in person allows people to "feel instant chemistry face-to-face," she says.

But chemistry isn't enough, so when it comes to striking up that first conversation Marchant suggests just being honest.

"Be sincere, be yourself, show confidence and just genuinely communicating the reason why you're approaching someone," she says.

She also recommends trying something physically active, like hiking or bike riding, as they're more conducive to natural conversation and maybe some laughter and silliness.

Bartender: Reveal your quirks slowly

Meeting someone at a bar might seem cliché, but sometimes it works, says Lauren Mote, bar manager of UVA Wine & Cocktail Bar in Vancouver.

Whether you're at a bar or a bus stop, the courtship dance starts with a smile.

Lauren Mote

"If they smile back, maybe you've got a shot. Offer to buy them a drink," Mote recommends, recalling an encounter she witnessed where two patrons arrived separately, struck up a conversation, left together and returned a little dishevelled. They've been frequenting the bar as a couple ever since.

Honesty is a good policy, but Mote recommends knowing when to hold back.

"Get to know someone first before you unload all your proclivities," she says.

Etiquette expert: Court with courtesy

No matter the romantic circumstances, basic human decency goes a long way, says etiquette expert Charles MacPherson.

If you'd like to strike up a conversation with a hot guy or girl on the street, "first read the body language of the person and see if they are approachable," MacPherson advises.

He says an open posture can include looking into your eyes and leaning towards you. In a closed posture, they may have their arms crossed, be facing away from you or looking at other things.

Charles MacPherson

If they do seem approachable, "start a conversation about the weather, how long it always takes for this bus, and if the person is receptive, start having a 'normal' fun conversation. If the person is not receptive and gives one-word answers, perhaps it's best to move on."

The care and consideration you show speak volumes about you, he says.

"Kindness and graciousness are always in style."

Love notes

Taking your online love offline

Michael Harris

For online daters, bring your courtship into the real world as soon as possible, recommends Michael Harris, author of The End of Absence: Reclaiming What We've Lost in a World of Constant Connection.

"It's wise to arrange a quick cocktail as a first date, even if you feel like your online messaging has brought you closer than that," advises Harris.

He says the problem is that online crushes can be dangerously unrealistic. The major problem lies in the shock and disappointment you feel when the digital relationship ends, and the prospective partner doesn't perfectly mirror their online persona.

"The living person you meet may bear little resemblance to the fictitious person you've crafted in your head," says Harris. "The sound of our voices, the smell of our bodies, the little details of our postures and mannerisms are going to be utterly surprising."

He says the longer you wait to meet an online love connection in person, the bigger the letdown when your interaction doesn't match what you'd imagined.

"The joy of finding love in the 21st century is the fact that lots of dating taboos have fallen away and there's no 'correct' way to meet someone anymore," says Harris. "But this also means it's up to us to choose and be active, precisely because there is no automatic prescription."

STEPHANIE ORFORD/FOR METRO

LEARNING CURVE

What to do with your reading week

SHUTTERSTOCK

If true life were based on the movies, every students' reading week schedule would alternate between prancing around on a beach and binging on Netflix in pyjamas. But while this February break brings with it an abundance of leisure time, the reality is that this time frame generally precedes a final burst of essays, exams and assignments.

So is it best for post-secondary students to ditch those sun-drenched dreams in favour of time booked in the library?

"Traditionally, reading week is for sitting down and reading, but we encourage the break as well," says Robert Malowany, a student academic success initiative co-ordinator at George Brown College in Toronto.

"Everyone may have their nuances, but the idea is that it's about having that kind of a break that's not just for resting. Let's assess the situation — how's school been going, is there anything that needs to be improved upon in terms of my approach to school?"

As for divvying up business and party time, Malowany says the appropriate timetable will differ from student to student.

"It needs to be an individual assessment," Malowany says. "On average, I would say half of that time should be at play, perhaps spending time with people who bring happiness. But sometimes it's about surviving through the next semester. Spend some time assessing what needs to get done, but some self-care has to be involved."

But material sustainability instructor Monica Polo says that incorporating some aspects of academia into a newly-calmed atmosphere can yield unique and positive results.

"I find that they are able to think differently when they're focusing on things that are fun rather than being entrenched in the work," Polo says of her Ryerson University students.

She adds that many projects in her course run four to six weeks and that it's easy for her students to feel stuck and overwhelmed. The arrival of some down time breaks up that stagnant flow of work.

So while you might not want your books to gather serious dust during reading week, don't completely forgo your plans to put your feet up.

"The brain is just like a muscle," Malowany says. "When you're working it out hard and doing rep after rep, you eventually need to rest."

CONTRIBUTED

Dental assistant program offered for multi-taskers

CDI College training can be done in 1 year

Oral health care is an exciting and dynamic profession. Geared for those who prefer busy days as opposed to the mundane; dental assistants are essential players of the oral health care team and are responsible for many supportive roles around the clinic. This includes assisting the dentist treatments or procedures, maintaining patient records, teaching patients about oral health and hygiene, and other dental office duties.

Dental assistant jobs are challenging, meticulous, and fast-paced. While salary ranges are dependent on location and experience, the median wage for dental assistants in Manitoba is $20/hour with some earning up to $26/hour.

This career path is ideally suited for methodical individuals who prefer a balance between clinical tasks, office duties, and patient interaction.

Those interested in pursuing a career in the field should consider CDI College's Intra Oral Dental Assistant program, which can be completed in just under a year.

Taught by industry professionals, CDI College's Intra Oral Dental Assistant program is a comprehensive hands-on training program. Graduates from the program can work in a variety of dental offices such as a general dentist, orthodontist, and oral maxillofacial surgeon.

For more information on the Intra Oral Dental Assistant program, visit study.cdicollege.ca or call 1-800-360-7186.

* jobbank.gc.ca

BECOME A **DENTAL ASSISTANT** IN LESS THAN A YEAR!

Did you know that dental assistants in Manitoba make a median wage of **$20/hr***?

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- Accounting & Payroll Administrator
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Financial assistance may be available to qualified applicants.

1 800 360 7186 **study.cdicollege.ca**

Call and make an appointment at our Winnipeg campus today!

CDI college

CONTRIBUTED

Northwest Law prepares grads for competition

For anyone who thinks becoming a law enforcement officer is easy, think again.

CEO of Northwest Law Enforcement Academy, Victor Popow, says there is tremendous competition for positions in the RCMP, police, sheriff's, corrections, or Canadian Border Services, as they are looking for the best candidates to join their organizations.

"A post-secondary education, life experience and being an active volunteer, are what law enforcement organizations are looking for," says Popow.

Northwest Law Enforcement Academy can give candidates the necessary skills and knowledge to join law enforcement organizations. It was founded 14 years ago by retired Winnipeg police chief Herb Stephen.

It was initially designed as a post-secondary diploma program, which not only provides theoretical courses such as criminal law, criminology, human relations and ethics, but practical components which consists of non-violent crisis management, police defense tactics (self-defense and restraint training), arrest and control techniques, and firearms training.

These courses are taught by former members of police and law enforcement agencies which is another benefit to attending that brings expertise and professionalism to the training. For more information, call toll free 1-866-953-8300, or visit northwestlaw.ca.

PACE CERTIFICATE GRAD LANDS JOB IN CALIFORNIA

ACCOMMODATING CLASS SCHEDULE

With over eight years of experience working on IT software development projects, Andrew Gibbs wanted to learn more about the context and best practises used in project management.

So he decided to attend the master's certificate in project management program offered through the University of Winnipeg's Professional, Applied and Continuing Education (PACE), to further his career.

"With my busy work schedule and personal life, the master's certificate in project management program was an ideal choice as the time commitment outside of class was reasonable," says Gibbs.

He says he learned a great deal in the program, more than he expected to.

"The instructors were all passionate and knowledgeable about their respective areas of project management," says Gibbs.

"I was also able to learn a lot from the other students as they all came from various professional backgrounds with various levels of experience."

CONTRIBUTED

Within a month of graduating, Gibbs was offered employment with another company that allowed him to move from Winnipeg to Napa, Calif.

He currently works as a systems analyst for a beverage distribution company where he is heavily involved with project management.

"The skills that I learned from the master's certificate in project management program have had a significant impact on my success," says Gibbs.

Visit the website: pace.uwinnipegcourses.ca.

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DISCOVER · ACHIEVE · BELONG

COACHING COURSE OFFERED AT RRC

Organizations are finding it increasingly difficult to recruit highly-qualified individuals for management and leadership roles.

With the labour market pool shrinking, training and development specialists have recognized the value of identifying high-potential employees and investing in their development by coaching and supporting their professional growth.

The new course — essential performance coaching offered through Red River College — can help teach these skills to better any organization.

"The essential performance coaching course complements the goals of performance management," say Debra Wutke, program manager, business and management portfolio, school of continuing education, Red River College.

"It ensures organizational objectives are met, it promotes employees overall effectiveness and forward movement within the organization, and allows managers and employees to work together to achieve the organization's goals while developing the employee to work to their full potential."

Those enrolled in this course will learn how to coach to take action, how to coach to create a supportive learning and growth environment, and how to ask powerful questions designed to create awareness, identify solutions, take action and create change.

"This investment pays dividends in retaining loyal and productive employees and creating an organizational culture that sets the business apart as an employer of choice," says Wutke.

Managers and employees learn how to use IDARE five-step process to create, execute, monitor, and evaluate the work plan.

As an end result, those who take this program will know how to start from where people are at, and move them forward.

"Coaching and mentoring are key leadership and management skills that will create value in your organization by increasing employee retention, morale and productivity," says Phyllis Reid-Jarvis, instructor and coach educator.

"New employees begin their careers with orientation and on-boarding practices intended to support and train personnel-coaching and mentoring are logical next steps to guard the investment made in new employees."

For more information, visit rrc.ca/coach.

COURSE TIMELINE

This course is being delivered in the spring session, one evening per week, for four hours over a 10-week time frame.
The course will also be available in the fall schedule.
Plans are underway to offer the session over a shorter duration with half-day sessions beginning with breakfast.
The course is also available for customized, in-company delivery through the corporate solutions department.

CONTRIBUTED

Essential Performance Coaching

Develop the skills to effectively coach your employees with the IDARE framework and performance tools.

By applying performance-based coaching techniques, you will support your employees' performance and contribute to their professional growth and development.

Learn more about the course at our free information sessions:
Feb 11 | 12-1:00 pm | Room E109, 2055 Notre Dame Ave.
Feb 19 | 6:30-7:30 pm | Room E108, 2055 Notre Dame Ave.

Enrol now to start moving your staff and organization forward.

204.694.1789 or 1.866.242.7073 | cde@rrc.ca | rrc.ca/coach

Train with lawyers for a legal assistant career

Robertson College grads successful in the field

Robertson College is committed to providing the best training experience possible to students who enter the legal assistant (LA) program.

"The legal assistant program is designed to give students embarking on a career in the LA field a solid grounding in the Canadian legal system, with emphasis on the hands-on skills required in order to be a successful legal assistant in Manitoba," says Andy Bunn, legal instructor in the legal assistant program at Robertson College.

Students of this program learn a variety of practical topics, including training in family law, civil litigation law, corporate and commercial law, wills and estates law, and real estate law, as well as training in legal office procedures (what it's like to work in a law office).

They will also learn legal fundamentals and terminology (a basic look at the Canadian legal system), and other topics as well to prepare them for their coming careers.

"The course prepares students for the workforce by providing them with hands-on, practical experience as well as a solid knowledge of the legal systems and environment they will be entering," says Bunn.

Students learn directly from a lawyer with some 20 years' experience in the legal profession, as well as from a legal assistant with over 10 years' experience as a legal assistant.

Bunn says that perhaps most importantly, there is a valuable four-week practicum provided to allow students a foretaste of working in an actual law office.

"There is a continuing strong demand for Robertson graduates in this field," says Bunn.

"The demand seems to grow stronger with each successive intake."

CONSULTATIONS ARE BEING OFFERED

The next intake for the legal assistant program is Feb. 17.
The program takes about seven and a half months to complete.
To find out if this is the right program for you, arrange a no-stress, no-pressure consultation at Robertson College.

CONTRIBUTED PHOTOS

For several years now, graduates have taken positions with the Manitoba Department of Justice, Legal Aid Manitoba, and various leading private law firms such as Aikins Law and others.

For more information about this program, visit robertsoncollege.com.

It's Time to Check Out Robertson College.

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- Accounting Assistant
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- Logistics & Supply Chain Management
- Massage Therapy
- Medical Lab Assistant
- Medical Office Assistant
- Network Administrator
- Nursing Administrator
- Pharmacy Technician
- Software & Database Developer
- Travel Counsellor
- Veterinary Office Assistant

At Robertson College, we offer many career-focused programs that can be completed in as few as 6 months. Find the right path for you and get started today!

Call **204.926.8389** or visit **robertsoncollege.com** to get started!

ROBERTSON COLLEGE

Flexible classes for anyone's schedule

Wellington College's distance education massage program suits all lifestyles

The distance education program in remedial massage therapy through Wellington College is perfect for students who want or need to keep a full-time job during the week, or need to be at home with little ones.

"It is a great option because it allows you to stay at home during the week or work full-time while earning a great education in the field of massage," says Brie Timings, associate director, Wellington College.

"Students who gain their diploma often become self-employed after graduation and have the luxury of working from home."

The distance education program allows students to complete their 2,200 hour diploma over three years.

Students are required to attend 12 seminar weekends per year, which occur once per month from a Friday afternoon to a Sunday afternoon.

There are also online classes to attend once per week, which can be done from the comfort of home.

SHUTTERSTOCK

Student can choose two electives per year that coincide with their interests in the field of massage.

Electives fall in one of three streams: Spa, sports and rehabilitation.

Timings says the national standard of massage education in Canada is 2,200 hours and both the full time and distance education programs go beyond that, with 2,550 hours.

"The full-time and distance education programs earn you the exact same diploma," says Timings.

"The only difference is the method and time it takes to complete."

There are many supports in place to help students accomplish their full potential in the time they have given themselves, whether that be the two-year, full-time course or the three-year distance education program.

"We put the success of our students first, looking to provide support in numerous ways so that they may succeed in the program of their choosing," says Timings.

For more information, visit the website: wellingtoncollege.com.

SESSION INFORMATION

Information sessions occur monthly on the last Sunday of every month.
To register for the next session on Feb. 22, contact reception.
The next start date for the distance education program is July 17.
The application deadline for this intake is May 31.

MITT HIGH HELPS STUDENTS SUCCEED

SKILLED TRADES TAUGHT IN POST-SECONDARY

This September, the Manitoba Institute of Trades and Technology (MITT) will be launching the province's newest innovative high school option: MITT High.

Thanks to the School of Choice option, which allows students to attend a high school outside of their catchment area, all Manitobans entering Grade 11 can now apply to be a full-time student at The Work School.

"(This) unique educational experience (of MITT High) will focus on four high-demand careers, allowing students to attend 'college' during their high school career, fast tracking their educational goals," says Paul Holden, MITT president and CEO.

MITT High is education with purpose: A unique delivery of Apprenticeship Manitoba accredited skilled trades programs and high school academics within a single post-secondary institute, leading to employment or additional post-secondary education.

For the 2015-16 school year, students can choose between four programs: Carpentry, industrial welding, motosport technician, and hairstyling.

These programs were selected based on their consistently high employment rates for graduates at the post-secondary level.

The first students to attend MITT High will complete their Grade 11 and 12 high school credits over two years and graduate with both a high school diploma and an MITT certificate in the skilled trades program of their choosing.

EXPANDING FOR MORE PROGRAMS

In the years to come, MITT High will expand to accommodate Grades 10 through 12 and add additional trades and technical programs.
The opportunity will be available to 50 new students this year, with a plan to increase that number to 300 by 2018.

CONTRIBUTED

This will ultimately open the door for more Manitoba high school students to ladder from one educational goal to the next through articulation agreements and dual-credit opportunities.

Students will find themselves entering the workforce with an in-demand skill set at a time when many of their peers are just beginning their post-secondary education.

MITT High is just another one of MITT's innovative ways they engage students for maximum success.

For further information on the program, please contact the MITT enrolment services department at 204-989-6500 or send an email to info@MITT.ca.

For more information about MITT, visit the website: mitt.ca.

EXPLORE THE WORK SCHOOL
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Discover a path that will prepare you for the future! MITT offers a wide range of pre-employment programming in Health Care and Human Services, Information and Business Technology, and Skilled Trades accredited by Apprenticeship Manitoba.

Register for the MITT Open House by visiting bit.ly/MITT2015OH or call 204.989.6500.

MANITOBA INSTITUTE OF TRADES AND TECHNOLOGY
THE WORK SCHOOL

Health-care aide field expected to grow

Herzing College continually updating their program

A recent study on health-care aides in Manitoba, Alberta, and Saskatchewan shows that the field is largely unregulated and these caretakers are underpaid for the jobs they do.

Herzing College takes the work that these professionals do very seriously and is constantly looking for ways to better their training and ultimately, their career.

"Every two years, we invite facilities, private ones, the Winnipeg Regional Health Authority and community agencies, and we ask for feedback," says Nancy Scott, health-care aide instructor at Herzing College.

"We take that information very seriously and we change our programs based on that feedback."

Health-care aides are an important part of the patient care team.

Individuals in this role may be responsible for monitoring, reporting and documentation, transporting patients, maintaining patients' rooms, and general patient care.

In a home or home care environment, duties may include bathing, grooming, and preparing and serving meals.

CONTRIBUTED

The health-care aide program at Herzing teaches students the necessary knowledge and practical skills for employment as health care aides in a facility, as well as home environments.

Areas of study include anatomy, physiology, community care, human development, social and cultural issues, and communication skills.

Students will also learn the human, cultural, and ethical issues that are involved in the delivery of personalized health-care services.

This program is five months in length (taught Monday to Friday, 30 hours a week) and includes an eight-week internship.

Over the next few years, this field is expected to see some growth, with more workers retiring, it is expected the result will be new employment opportunities. Now is the time to enrol with Herzing College and begin the journey to a rewarding career as a health-care aide.

For more information about the health-care aide program, visit herzing.ca/winnipeg.

EMPLOYMENT RATE

Herzing graduates boast a 93 per cent rate (in a related field) after completing the program.

Recent graduates of this program have gone on to secure employment at Misericordia Health Centre, Selkirk Mental Hospital, St.Amant Centre, 24/7 Quality Care, Deer Lodge Centre, Health Sciences Center, Victoria Hospital, and Maples Personal Care Home.

The Blue Bombers were reportedly interested in Ben Heenan, but the Canadian offensive linemen is looking for an NFL deal. LIAM RICHARDS/THE CANADIAN PRESS

Open market lacks standout talents

CFL. Highly anticipated free agents have either re-signed or are pursuing NFL contracts

It seems Marcel Desjardins and other CFL GMs can scratch another blue-chip free agent from their wish list.

Centre Brett Jones of the Grey Cup-champion Calgary Stampeders is scheduled to become a free agent at noon ET on Tuesday. The six-foot-two, 310-pound Jones was the CFL's top lineman last year and anchored a unit that allowed a league-low 26 sacks.

On Monday, Calgary GM/coach John Hufnagel said Jones, a 23-year-old native of Weyburn, Sask., was weighing his NFL options. Hufnagel wouldn't say if a deal was done but the expectation is Jones will sign south of the border.

"Right now he's making a decision (regarding) what avenue to take," Hufnagel said. "He has NFL interest and that's what we're dealing with."

Some CFL officials suggest Jones could've commanded between $225,000 and $300,000 annually on the open market. But he also stands to do well financially if he cracks an NFL roster with the league minimum for 2015 being $435,000 US.

Calgary does have a potential replacement currently on its roster after selecting Laval's Pierre Lavertu first overall last year. But the absence of Jones would further dilute a CFL free-agent pool that's seen many perspective candidates either remain with their clubs or be released to sign NFL contracts.

American receivers S.J. Green (Montreal) and Weston Dressler (Saskatchewan), receiver/returner Brandon Banks (Hamilton) and Canadian offensive lineman Tyler Holmes (Toronto) were among the potential free agents to stay put. Players granted releases to sign NFL deals included Canadian offensive linemen Ben Heenan (Saskatchewan) and Matt O'Donnell (Edmonton), American receivers Duron Carter (Montreal) and John Chiles (Toronto), defensive lineman Shawn Lemon (Calgary) and cornerback Delvin Breaux (Hamilton). THE CANADIAN PRESS

Potential target

The Blue Bombers are expected to pursue receiver Ernest Jackson (49 catches, 813 yards, three TDs with B.C.). Jackson played with Bombers QB Drew Willy at the University of Buffalo.

Obituary

Former Habs coach Ruel dead at 76

Claude Ruel, who coached the Montreal Canadiens to a Stanley Cup in 1969, was a gifted hockey and baseball player in the 1950s before losing sight in his left eye.

Ruel died at his home in Longueuil, Que., on Monday at age 76 after spending his entire hockey career in the Canadiens organization, mostly in scouting and player development.

He had hoped to be an athlete and as a teenager was a promising hockey defenceman and baseball player who had been invited to the Cleveland Indians camp. But he lost sight in his left eye while playing for the Hull-Ottawa Junior Canadiens in a pre-season game in Belleville, Ont., in September 1957.

THE CANADIAN PRESS

Skiing

Maze wins gold in alpine combined

Tina Maze pulled off an impressive feat on soft snow: a cartwheel in ski boots. Her skiing wasn't too bad, either.

Maze captured gold in the alpine combined Monday, earning her third medal of the world championships on a warm afternoon when Lindsey Vonn failed to finish the slalom.

Leading after the downhill portion, the Slovenian standout used a clean slalom run to finish in a combined time of 2 minutes, 33.37 seconds. Nicole Hosp of Austria was second, 0.22 seconds behind, and fellow Austrian Michaela Kirchgasser earned third.

THE ASSOCIATED PRESS

Silva dropped from The Ultimate Fighter

The UFC has pulled Anderson Silva from The Ultimate Fighter Brazil 4 at the request of the Nevada State Athletic Commission.

The former UFC middleweight champion tested positive for two steroids in an out-of-competition test last month.

In a statement last week, the UFC said Silva, who has denied cheating, would continue in his role as coach on the reality TV show. But it subsequently changed its mind.

Anderson Silva
GETTY IMAGES

THE CANADIAN PRESS

Curling

Canadian women 8-0 at Universiade

Canada's women's curling team posted two more wins on Monday to remain undefeated and secure first place in the round-robin portion of the 27th Winter Universiade tournament.

Winnipeg skip Breanne Meakin and her Carleton University squad improved to 8-0 with the victories.

THE CANADIAN PRESS

VegasWantsHockey kicks off ticket drive

Canadian poker star Daniel Negreanu knows a thing or two about odds. The Toronto native and lifelong hockey fan thinks Las Vegas has a 92.4 per cent chance of getting an NHL team.

Prospective owner Bill Foley and his company, Hockey Vision Las Vegas LLC, get to prove it beginning Tuesday when the VegasWantsHockey season-ticket drive gets underway. The goal is to get at least 10,000 full-season deposits to show there's significant fan interest in an NHL expansion team beginning play in the desert for the 2016-17 season.

Negreanu is helping to sell NHL hockey to the people of Nevada and already has his four season tickets reserved.

THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't try too hard to prove yourself to people who you do not respect. You are under no obligation to even to acknowledge their existence.

♉ Taurus
April 21 - May 21
You have set your heart on something and you intend to see it through, no matter what the critics might say. So what are you waiting for?

♊ Gemini
May 22 - June 21
Someone in a position of authority will be rather critical of your work but don't lose heart. They think you could do with a little push to get you going. They could be right.

♋ Cancer
June 22 - July 23
No matter what negative things may happen you must laugh at them long and loud. If you look on the dark side, you will only make matters worse. Think yourself happy.

♌ Leo
July 24 - Aug. 23
Make a real effort to focus only on the facts today. Take advice with a large pinch of salt, especially when it's your money they are talking about.

♍ Virgo
Aug. 24 - Sept. 23
Push ahead with your number one plan, no matter how many people say you must be either mad or bad. They are scared you will show them up — and they're right, you will.

♎ Libra
Sept. 24 - Oct. 23
Don't blame yourself unduly for some kind of mistake — either it wasn't your fault at all or it was the kind of thing that can happen to anyone.

♏ Scorpio
Oct. 24 - Nov. 22
You will have to seek assistance from people whose knowledge is superior to your own. You can carry on alone but it won't be long before you need help.

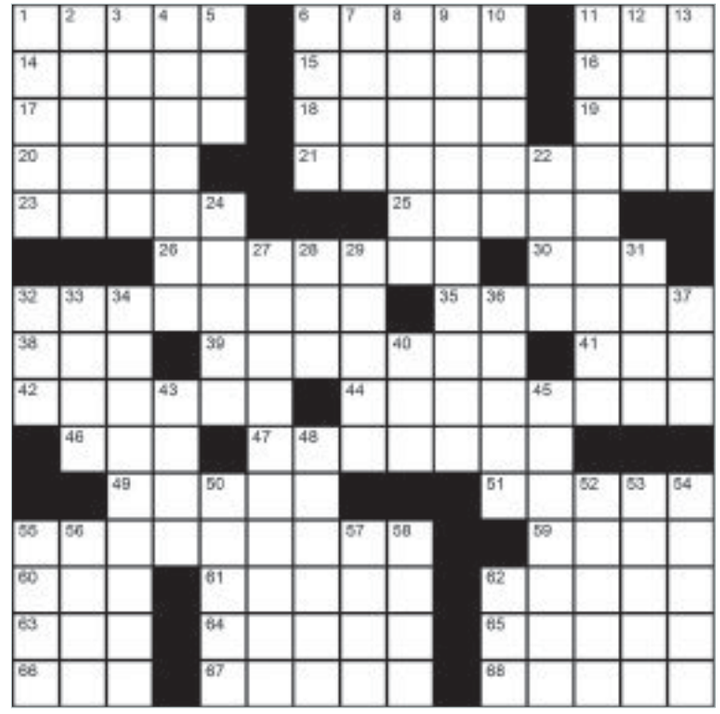
♐ Sagittarius
Nov. 23 - Dec. 21
Someone will be hard to pin down but before you get angry consider it may be what they want you to do. If you lose your temper it will just make them look good.

♑ Capricorn
Dec. 22 - Jan. 20
You may find it hard to get a straight answer from someone but you don't need their input, still less their permission, so stop trying to be so polite.

♒ Aquarius
Jan. 21 - Feb. 19
Someone's dishonesty may shock you but you only have yourself to blame. The signs have been there but you chose to ignore them. Now what are you going to do about it?

♓ Pisces
Feb. 20 - March 20
Someone will be vocal in their criticism of you but they mean well. Listen to what they have to say and accept that at least some their criticisms are valid.

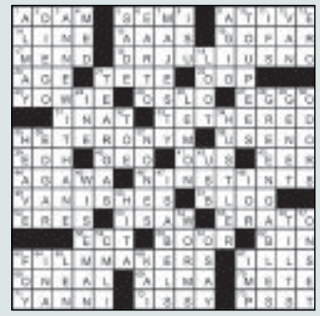
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Twin brothers Daniel or Henrik of the Vancouver Canucks
6. Dad's dad
11. Commonly, poetically
14. Reflection
15. Madagascar animal
16. Ms. Bainter of "Jezebel" (1938)
17. Leonard of "Star Trek"
18. Total eclipse phenomenon
19. Certain conifer
20. Above
21. Quebec meat pie
23. All that glisters __ __ gold
25. Bit of Elton John's "Your Song": "I __ __ the roof..."
26. Ill-tempered
30. 'The Finals' org.
32. "Fantasy Island" boss: 2 wds.
35. Takes one's turn at trying: 3 wds.
38. "C'est la __!"
39. Circus barkers
41. Director's "Stop!"
42. Fruitlessly: 2 wds.
44. Quick-photos-messaging app
46. Ms. McGillis, to pals
47. Beast slain by Beowulf
49. Mr. LeBlanc, Governor General of Canada from 1995 to 1999
51. Bard's below
55. __ Arc (Circular formation on the Quebec side of Hudson Bay)
59. Mystique
60. The Monkees hit: "___ Believer"
61. Pine tree stuff
62. Anesthetized
63. Zero
64. Succeed at being annoying: 2 wds.
65. Entreaties
66. Burdened beast
67. Actress Elizabeth
68. New Wave music instr.

Down
1. Mount of the Bible
2. Gives off
3. Matt of movies
4. Storied monster of Lake Simcoe in southern Ontario
5. Napoleonic Wars marshal
6. Feed fully
7. San __, Italy
8. Surprise attack
9. British singer of "One Night in Bangkok": 2 wds.
10. __ & Whitney Canada (Aircraft engine company)
11. "Caline de Doux Blues" Quebec band
12. Honest
13. Pericles, Prince of __
22. They're electrically charged
24. Ms. Bingham of "Baywatch"
27. Zest-in-a-recipe source: 2 wds.
28. Kiev's li'l land
29. Burn a fragrant stick
31. Madrid 'water'
32. 1006 in ancient Rome
33. Hockey arena area
34. Changed decisions
36. __, Colorado
37. Senators, on scoreboards
40. Bed-and-Breakfast
43. Many: 2 wds.
45. In a hitch-free way
48. Hen hangouts
50. Bette's "All About Eve" (1950) role
52. Pulitzer-winning poet W.H.
53. Mr. Williams of "Hair" (1979)
54. Severe
55. Canadian actress Ms. Dobrev
56. "Titanic" (1997) actress Suzy
57. Tailed toy
58. __. donor (Unknown benefactor)
62. Sit-__ (Exercises)

Yesterday's Crossword

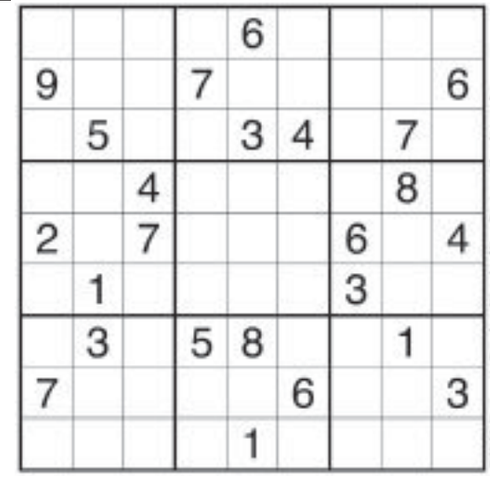


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

3	1	7	4	5	2	8	9	6
6	5	8	9	7	1	4	3	2
4	2	9	8	3	6	7	1	5
5	9	4	6	1	7	2	8	3
1	3	6	5	2	8	9	7	4
8	7	2	3	4	9	5	6	1
7	4	5	1	8	3	6	2	9
2	6	1	7	9	4	3	5	8
9	8	3	2	6	5	1	4	7

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